

January 2022



**bgc** Hamilton-Halton

Opportunity  
Changes  
Everything

## Community Events and Updates

EarlyON Child and Family Centres

### **Circle of Security Parenting Group (Virtual – via ZOOM)**

In this 8-session workshop for moms and dads of children 6 months to 6 years, participants watch video clips, learn strategies to enhance the parent-child attachment relationship and improve child behaviour, and discuss these issues with the leaders and other parents. 8 weekly sessions on Zoom, 6:00 – 8:00pm Tuesdays, starting January 18, 2022.

<http://youtu.be/F6DhnbqRAOo>

### **COPEing With Toddler Behaviour (Virtual – via ZOOM)**

In this 8-session workshop for moms and dads of toddlers 12-36 months old, parents watch video clips, learn strategies to prevent and respond to challenging behaviour, and discuss these issues with the leaders and other parents.

8 weekly sessions on Zoom, 1:00 – 3:00pm Thursdays, starting January 20, 2022.

Click [here](#) to register online.

For more information, please call 905-521-2100 extension 77406 or email [ipp@hhsc.ca](mailto:ipp@hhsc.ca).

### **Ask the Speech Language Pathologist**

January 11 at 1:00 – 1:30 pm

To register [http://bit.ly/EarlyONReg\\_BGC](http://bit.ly/EarlyONReg_BGC)

### **Ask the Children’s Mental Health Support Facilitator and the RECE**

January 26 at 7:00–7:30 pm.

To register [https://bit.ly/EarlyONReg\\_HWCCCC](https://bit.ly/EarlyONReg_HWCCCC)

### **Ask the Vaccine Ambassador**

Wednesday January 19<sup>th</sup>, at 10:30-11 am

To register [http://bit.ly/EarlyONReg\\_Niwasa](http://bit.ly/EarlyONReg_Niwasa)

### **WELCOME BABY** (Over the Phone Support)

**The Welcome Baby** prenatal nutrition in-person groups (Canada Prenatal Nutrition Program - CPNP) will remain closed during the COVID-19 pandemic. We are accepting new participants who are pregnant and looking for extra support by providing phone support and resources.

To register contact Jen Yates, Welcome Baby coordinator

Phone: 905-546-2424 x1577

Email: [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca)

**Free online Prenatal Classes** to learn more about pregnancy, birth, breastfeeding and newborn care in an interactive way. To register, visit [www.hamilton.ca/prenatal](http://www.hamilton.ca/prenatal) and select Online Prenatal Program, call 905-546-2424 Ext 3591 or email [prenatal@hamilton.ca](mailto:prenatal@hamilton.ca).

Healthy Families Hamilton Facebook page is available as a resource

[www.facebook.com/HealthyFamiliesHamilton](http://www.facebook.com/HealthyFamiliesHamilton).

**Breastfeeding** support is available by phone or virtual visit and Health Connections line is open for those who wish to speak with a Public Health Nurse, Monday to Friday 8:30 am – 4:30 pm.

